

What Every Mother Ought To Know About Her Baby

A series of articles on the care of the baby, under the general heading, "What Every Mother Ought to Know About Her Baby," will be printed on consecutive Sundays in The Washington Herald. They are carefully prepared by experts of the Children's Bureau of the Department of Labor. Cut them out and save them for reference.

HELP FOR CITY MOTHERS IN THE CARE OF THE BABY.

There is no doubt that the problems which arise in taking care of a baby in summer are more difficult for the city mother than for the one who lives in a village or in the country. Overcrowded houses, lack of fresh air, of sunshine, and of open spaces for play and outdoor life make very hard conditions under which to try to rear healthy children.

During the summer months in most of the larger cities there is an enormous increase in the number of sick babies, many of whom fail to survive this period. These well-known facts have led to the establishment all over the country of what are known as infant welfare or milk stations. These stations are rooms in charge of trained nurses and physicians, to which any mother who desires may bring her baby for help and advice in his care.

The object of these welfare stations is to keep the babies well, and to prevent illness by watching the babies closely and by teaching the mothers how to take care of them. If a baby is found to be sick the mother is referred to her own physician if she has one. If not, she is usually sent to a dispensary. The principal factor in keeping the baby well is to have him properly fed. Accordingly the physician who cares for the baby should direct this very carefully. If the mother has no physician, the station doctor will examine the baby and order a diet for him. The nurses will be glad to assist the mother in following out his directions, and will visit her in her home for this purpose.

These stations are sometimes maintained by the city and sometimes by a private society. The mother can find out the location of the station nearest her home from the papers, or by inquiring of the health officer.

The baby is weighed at each visit, and examined to see if he needs any special care. If so, the doctor explains this to the mother. The baby should be brought back to the station at regular intervals in order that the doctor

and nurse can watch him. In this way much of the illness from which babies suffer can be prevented and mothers and babies spared a great deal of suffering.

The mother who is expecting the birth of a baby should go to the station about once a month during her pregnancy for advice about herself. The doctor and nurse will tell her what food it is best for her to eat, how to take care of the breasts and nipples, and help her to prepare for the baby's coming in the best way. If she is suffering from any ailment, such as vomiting, varicose veins, headache or swollen feet, she may learn what to do for these troubles, and, if she desires to go to a hospital for the birth the station doctor will probably be able to arrange the matter for her.

After the baby is born and the mother is up again, she may, if she chooses, send word to the station nurse, who will come to see her, now and then, until the mother is able to take the baby to the station again. Mothers who are ill or worn out with the burdens of home, may find in a visit with the baby to such a station unexpected help in their problem. Some effort is made to teach mothers the rudiments of domestic science in the home, when this is needed.

Mothers especially who go out to work by the day, should try to send the baby to the station by a caretaker, for such babies need the welfare station's help even more than others.

If some member of the family is sick, other than the baby, and the baby is registered at the station, the nurse and doctors there will usually be able to advise her where and how to seek assistance.

These infant welfare stations are intended for the use of all mothers in the neighborhood who need help in the care of their babies, and no one needing it, should fail to avail herself of this opportunity.

Del Ray, Alexandria County, and Mr. L. E. Tull, of Washington, which took place July 15 at St. Rita's Catholic Chapel. The ceremony was performed by Rev. L. F. Kelly, of St. Mary's Church, this city. The couple were attended by Mr. and Mrs. Otis H. Hulings. A wedding march was played by Miss Camille De Lane, daughter of the bride.

Mr. G. Bryan Pitts has returned from Detroit, where he spent three weeks.

Capt. Albert Bryan and son, Ferguson Bryan, have returned from Markham, Va.

Mr. E. E. Downham has returned from Seattle, Wash., where he attended a meeting of the Shriners. He also visited the Panama-Pacific exposition.

Mr. and Mrs. William Driscoll are spending three weeks at Atlantic City.

Messrs. Ervin Schwarzmann, John U. Schwarzmann and Bernard Hamilton have gone by motor car to Atlantic City and Wildwood, N. J.

Messrs. J. T. Preston, Jr., J. W. Leary, Bitzer and Frank Fannon are camping below Fort Foote.

Miss Willa B. Oden, of Bealton, Va., is the guest of Mr. and Mrs. J. T. Preston.

Miss Nora W. Baggett has returned from a three weeks' visit to her aunt, Mrs. George Woolf, Brooklyn, N. Y.

Miss Lottie Larmann, of Richmond, Va., is the guest of her cousin, Mrs. A. E. Slaymaker and Mrs. W. G. Mayer at their home in Braddock Heights.

Miss Janet Sampson, of Brentwood, Md., is spending two weeks with her grandmother, South Lee street.

Mr. and Mrs. James Wells and children are visiting relatives at Indian Head, Md.

Mr. and Mrs. Albert Sunderlin have returned from a visit to Dumfries, Va.

Mrs. Blanche Hayes, of Washington, and Miss Ryan, of Leesburg, were guests of Mrs. Weitha Schwarzmann last week.

Miss Jessie Crump and Miss Martha Hancock are visiting relatives and friends in Bellwood, Pa.

Miss Rena E. Lacy, formerly of Bailey's Cross Roads, Fairfax County, and Mr. John J. Cole, of Washington, were married Thursday evening at the rectory of St. Paul's P. E. Church by Rev. Edgar Carpenter, rector.

Mr. J. Andy Chisholm, of Charlottesville, Va., was a visitor here last week.

Mr. A. J. Pyke, of Widewater, Va., is the guest of Judge J. K. M. Norton at his home in Fairfax County.

Mr. J. Sterling Kerr, assistant secretary-general of the Southern Jurisdiction of Scottish Rite Masons, spent several days in Alexandria last week.

Only One Overdraft Found.

A letter from a national bank examiner at Dallas, Texas, made public by Comptroller of the Currency, Williams yesterday, states that after a trip of several weeks in his district, only one bank with an overdraft was found. That bank, he says, had one account of recent date for two cents.

Mrs. C. B. Vance is visiting in Harrisonburg, Va.

Miss A. S. Henderson has gone to Mountain Lake Park, Md.

Mr. James Mahoney, this city, is spending his vacation at Mitchell, Va.

Mrs. W. B. Smoot has gone to Magnolia, Mass.

Mrs. Flourier and daughter, Virginia, have returned to their home in Brandon, Fla., after spending several weeks at the several of Mr. and Mrs. A. Sidney Mankin.

Miss Mary Daingerfield has returned from Charlottesville, Va.

Mr. George H. Schwarzmann has gone to New York on a business trip.

Announcement is made of the marriage of Mrs. Gabrielle De Lane, of

PEOPLE'S DRUG STORE No. 3

Opening Announcement!



Free Ice Cream Soda

Made of Pure Fruits and Fussell's Ice Cream, dispensed from up-to-date Sanitary Fountain—absolutely free to every purchaser.

Free Cigars to the Men

Gents, have a good smoke on the house. It's our treat. Absolutely free to every purchaser.

Monday the Day Free Toy Top for the Children Don't Fail to Come

14th & You Sts. (2002 14th) Next to Bank

Tomorrow Our New Store, Corner 14th and You Streets, Opens Ready for Business. It will Match the Standard Which the Name of "People's" Has Always Stood For in Washington during the Past 10 Years.

Quality Drug Stores in the most convenient locations in the business and resident district of Washington. "People's" Policy means Quality combined with service. The satisfaction of a purchaser always has and always will be the dominant force by which the "People's Drug Stores" hope to merit your patronage.

Corner 14th and You Sts. (Next Door to Bank)
Corner 7th and K Sts. N.W.
Corner 7th and E Sts. N.W.

Free In the Toilet Article Dept.

A handsome White Kid Chamomile-lined Vanity Pouch, filled with powder ready for use, absolutely free with every purchase of 50c or more in this department.

Gude's Home-Grown Flowers Free to Lady Visitors

VERY lady who visits the opening of our new store will be presented with a pleasing souvenir of Gude's Fresh-cut, Home-grown Flowers.

Free In the Drug Department

A Unique Toilet Petite, contains a regular 50c Cake of Soap, Bottle Perfume Extract and Package of Sachet, in all the floral odors, absolutely free with every purchase of 50c or more in this department.

SOCIETY

CONTINUED FROM PAGE TWO.

right fielder; Braxton Valentine, of Richmond, left fielder, and Donald Black, of New York, center fielder; Dick Richardson, first baseman; William Linger, second baseman, and Monderville Carlisle, of Washington, third baseman. This is the first of a series of games that will be played through August.

Sir Rodman Roblin, former premier of Manitoba, and Lady Roblin, are expected here this week.

ALEXANDRIA.

Mrs. Henry O'Bannon Cooper entertained informally Saturday night in honor of her sister, Miss Walter Low, who is visiting her at her home at Lloyds. Other guests present were Miss Byrd Pulliam, of Culpeper; Miss Catherine Elliott; Miss Sarah Cox; Miss Hilda Schneider, and Messrs. Frank E. Johnston, Louis C. Bailey, Jr., Carroll Pierce, Jr., Allan Lindsey, and Tupper Barrett.

Mr. J. Frank Hill, son of Mr. and Mrs. Frank M. Hill, whose health became impaired from study while he was a student at the University of Virginia, has gone to a ranch near Canadian, Tex., to recuperate.

Miss Emily Johnson is the guest of Mrs. Norman Gaynor, daughter-in-law of the late Mayor Gaynor, of New York. Mrs. Gaynor was formerly Miss Betsy Page, of Fairfax County.

Mr. Stanley G. Blanton, formerly teacher in the Alexandria High School, has been appointed assistant in Latin in the Teachers' College, Columbia University.

Miss Ola Pullin has gone to the Panama-Pacific Exposition.

Miss Margaret Nails, who has been spending the week with friends in Baltimore, has returned to her home in this city.

Mrs. R. C. Sullivan is visiting her parents, Mr. and Mrs. F. J. Davis, Woodrow Grove, Lorton, Va.

Mrs. Annie Cochran and daughter, Audrey, of New York, are visiting relatives here.

Miss Elizabeth H. Potts, of this city, who has been at the home of Mr. and Mrs. A. F. Warren, of Warrenton, Va., with whom she spent several weeks, has gone to Magnolia, Mass.

Misses Rosaline and Ruby Broadus have returned to their home in this city, after a visit to Mr. and Mrs. Westwood Hutton, of Manassas, Va.

Misses Caroline and Margaret Emerson are visiting Miss Margaret Lynch, Manassas.

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Free Toilet Creams

Stillman's Face Cream, 35c; regular 50c size, 27c; Pompadour Face Cream, 27c; 50c size, this sale, 27c; Githine, double strength, 1-oz. jars, \$1.00 size, 79c; Pond's Vanishing Cream, 29c; 50c jars, 29c; Hinds' Honey and Almond Cream, 50c bottles, 33c; Eggert & Ramsell Cold Cream, 25c jars, 28c.

Perfumed Soaps

Colgate's Natural Rose, Violet, Heliotrope, Lilac and Sandalwood; three cakes in a box, 25c.

Medicated Soaps

Packer's Tar Soap, 25c cakes, 15c; Palmer's Skin Success Soap, 25c cakes, 15c; Cuticura Soap, 25c cakes, 15c; Rosalind Soap, 25c cakes, 15c; Woodbury's Facial Soap, 15c; Physicians, Dentist and Surgeon Soap, 10c cakes, 5c.

5c Cigars

Cut to 5 for 10c; 5 for 25c; \$1.00 box of 50, 10c; 10c, La Abbe, Nat. Willa.

Stock Exchange, an Extra Value in Cigars, 11 for 25c; \$1.00 box of 50.

Havana Seconds

Best in short smokes, 5 for 10c; 10c box of 50; \$1.00 box of 100.

Why Be Bald?

A few applications to the scalp every week of Cooper's Hair Success will prevent falling hair and remove dandruff; regular 15c bottles, this sale, 10c.

Deodorizes Perspiration

Odeur-Sweet is a harmless cream which completely neutralizes and deodorizes offensive odors from excessive perspiration. It changes this offensive odor, overcomes it by its chemical action, makes it odorless and keeps you sweet and dainty, without harm to health or injury to the skin.

Apply a small quantity in the armpits or between the toes just after the bath, and you will find Odeur-Sweet one of the best preparations of its kind. Large jar, 25c.

30c; 50c; 1.00; 1.50; 2.00; 2.50; 3.00; 3.50; 4.00; 4.50; 5.00; 5.50; 6.00; 6.50; 7.00; 7.50; 8.00; 8.50; 9.00; 9.50; 10.00; 10.50; 11.00; 11.50; 12.00; 12.50; 13.00; 13.50; 14.00; 14.50; 15.00; 15.50; 16.00; 16.50; 17.00; 17.50; 18.00; 18.50; 19.00; 19.50; 20.00; 20.50; 21.00; 21.50; 22.00; 22.50; 23.00; 23.50; 24.00; 24.50; 25.00; 25.50; 26.00; 26.50; 27.00; 27.50; 28.00; 28.50; 29.00; 29.50; 30.00; 30.50; 31.00; 31.50; 32.00; 32.50; 33.00; 33.50; 34.00; 34.50; 35.00; 35.50; 36.00; 36.50; 37.00; 37.50; 38.00; 38.50; 39.00; 39.50; 40.00; 40.50; 41.00; 41.50; 42.00; 42.50; 43.00; 43.50; 44.00; 44.50; 45.00; 45.50; 46.00; 46.50; 47.00; 47.50; 48.00; 48.50; 49.00; 49.50; 50.00; 50.50; 51.00; 51.50; 52.00; 52.50; 53.00; 53.50; 54.00; 54.50; 55.00; 55.50; 56.00; 56.50; 57.00; 57.50; 58.00; 58.50; 59.00; 59.50; 60.00; 60.50; 61.00; 61.50; 62.00; 62.50; 63.00; 63.50; 64.00; 64.50; 65.00; 65.50; 66.00; 66.50; 67.00; 67.50; 68.00; 68.50; 69.00; 69.50; 70.00; 70.50; 71.00; 71.50; 72.00; 72.50; 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